



# 2015 SEPTEMBER CALENDAR

## BLACKSTONE RIVER & CANAL HERITAGE STATE PARK

River Bend Farm Visitor Center is located at 287 Oak Street Uxbridge MA 01569

*Following the Plough* exhibit upper level open daily from 10:00-4:00.

Visitor Services Supervisor: Kathryn Park Phone Number: 508-278-7604

All programs are free and open to the public. Children must be accompanied by adult. Reasonable accommodations available upon request. <http://www.mass.gov/eea/agencies/dcr/massparks/region-central/blackstone-river-and-canal-heritage-state-park.html>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Kiddleidoscope Story Hour 10:30 - 11:30 Lunch Break Easy Stroll 12-1	5 Insect Safari 10-11 Skull Science 11:30-12
6 Bird Watch 8:00am-9:00am Art at the River 10:00-10:45 Canal Towpath Walk 1:00-2:00	7 Woodlands and Waterways Walk 10-11  Art at the River 12-1	8	9	10	11	12  Star Night 7-9
13 Bird Watch 8:00am-9:00am Canal Towpath Walk 1:00-2:00 CONCERT – Jesse Fontaine Trio 3:30-5:00	14 Woodlands and Waterways Walk 10-11	15	16	17	18 Kiddleidoscope Story Hour 10:30 - 11:30 Lunch Break Easy Stroll 12-1	19

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20	21 Woodlands and Waterways Walk 10-11	22	23	24	25 Kidleidoscope Story Hour 10:30 - 11:30 Lunch Break Easy Stroll 12-1	26
27 Foliage Hike to Lookout Rock 1-3  Sunset Stroll 5:30-6:45	28 Woodlands and Waterways Walk 10-11 Sunset Stroll 5:30-6:45	29	30			

## RIVER BEND FARM VISITORS CENTER

<i>Following the Plough Exhibit</i> at River Bend Farm	The Visitors' Center is open from 10 – 4 daily. Our exhibit “Following the Plough” explores the story of the Blackstone Valley and its communities from pre-European settlement through European style agricultural development, industrialization, and into today. Guided tours for groups with advance notice. Free. Accessible.
<b>Healthy Heart Towpath Walk</b>	Staying active is a healthy life choice and what better place than in a beautiful state park. Portions of the Blackstone Canal towpath are designated as an easy 1 mile Healthy Heart Hike. Pick up a self-guided towpath brochure in the visitor center and get out often for this enjoyable walk with diverse scenery along the way.



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### PROGRAM DESCRIPTIONS

<b>Art at the River</b>	Meet at River Bend Farm Visitor's Center, gain inspiration by the art work around the exhibit level, then take a walk to the view the Blackstone River to create your own sun print and nature notebook. Supplies provided.
<b>Bird Watch</b>	Enjoy a morning bird walk and search for herons, woodpeckers and other song birds. Let's see what we can hear along the meadow paths. Some field guides and binoculars will be available to borrow during the program. Meet at Visitor Center.
<b>Canal Towpath Walk</b>	This easy walk appropriate for all ages meets at River Bend Farm Visitor Center and continues along the canal's towpath. Listen to stories about the canal's history, ecology, geology, and wildlife.
<b>Foliage Hike to Lookout Rock</b>	Take King Phillip's Trail through pine and beech groves, water's edge and interesting geological features that lead to a rewarding view of the Blackstone River snaking through the Valley and Rice City Pond. Sturdy shoes, water, bug repellent recommended. Bring a snack for short break at the lookout. <b>Meet at 366 East Hartford Ave Uxbridge, Rice City Pond parking area.</b>
<b>Kidleidoscope Kids</b>	Nature themed story and activity hour, designed to connect young children to nature. Nature stories and outdoor activity followed by a craft. Meets inside the Big Red Barn visitor center during inclement weather.
<b>Lunch Break Easy Stroll</b>	<b>**Will not meet on Sept. 11**</b> All ages are welcome to join in this easy walk to drink in the outdoors. Exposure to nature has been shown to reduce stress and boost well being. Each week will feature an easy walk as we regenerate and explore. Bring your own picnic lunch for before after the nature walk. Meet at Visitor Center.
<b>Sunset Stroll</b>	Join an easy stroll along the historic Blackstone Canal's Towpath. Unwind from your day and enjoy the magic hour of light and shadows at sunset. View wildlife, hear stories of the days of canal transportation, and enjoy all the scents and sounds that autumn has to offer! All ages welcome. Meet at Visitor Center.
<b>Woodlands and Waterways Walk</b>	Walk through the less traveled paths through fields and woodlands along the Blackstone River or Canal. Check on the seasonal changes and signs of wildlife, and enjoy the scents and sounds of autumn!



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## SPECIAL EVENTS

<b>Star Night</b> <b>Saturday Sept. 12</b> <b>7:00-9:00pm</b>	Join us for an inspiring evening of sky gazing! Saturn with its rings, Jupiter with its four largest moons, star clusters, galaxies and double stars seen through the lens of a 7.1 inch Macksotof Casregrien Telescope. Sponsored by Blackstone Heritage Corridor's Volunteers-in-Parks Program. Meet at River Bend Farm Visitor Center.
<b>Concert at the</b> <b>Canal Sunday</b> <b>Sept. 13, 3:30-5:00</b>	Jesse Fontaine, Trio Joining Fontaine in this intimate trio setting is renowned guitarist Joe D'Angelo and bassist Scott Sheehan. Offering an eclectic blend of classic songs, which continue to meet a contemporary sound that tug on the heartstrings of each listener's ear. Bring your own picnic, lawn chair or blanket for this free outdoor concert on the back lawn of River Bend Farm Visitor Center.